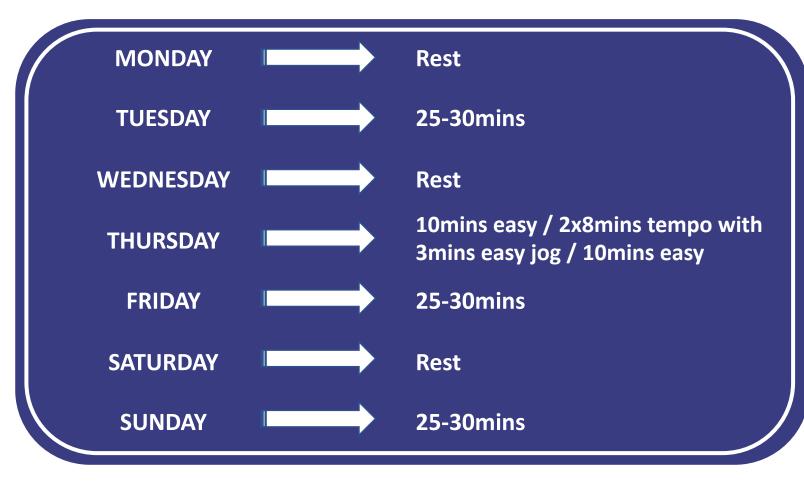
Irish Life Fingal 10k

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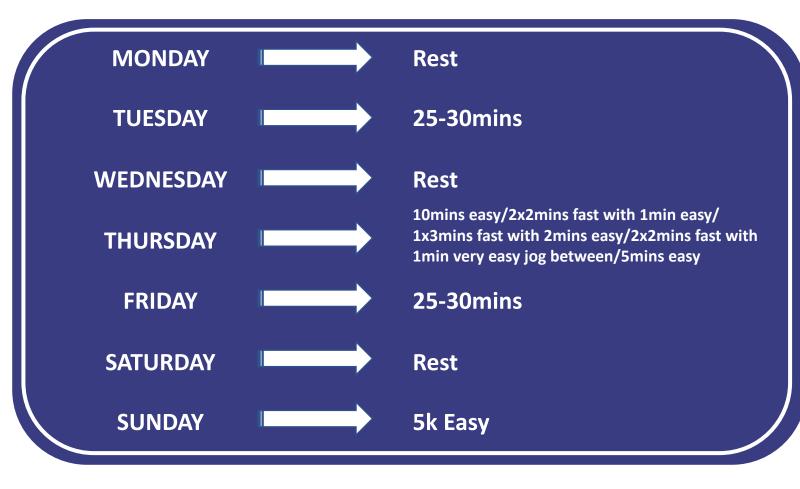
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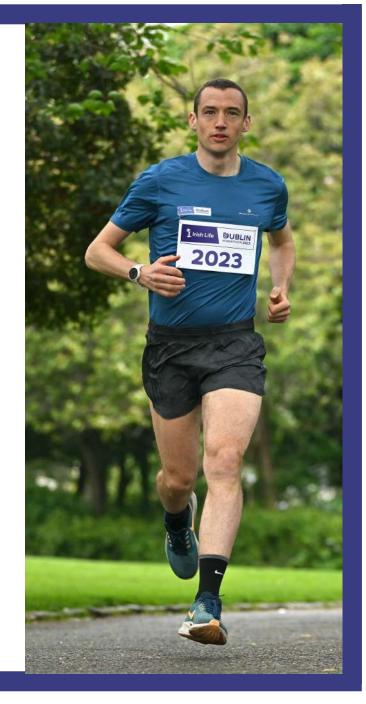




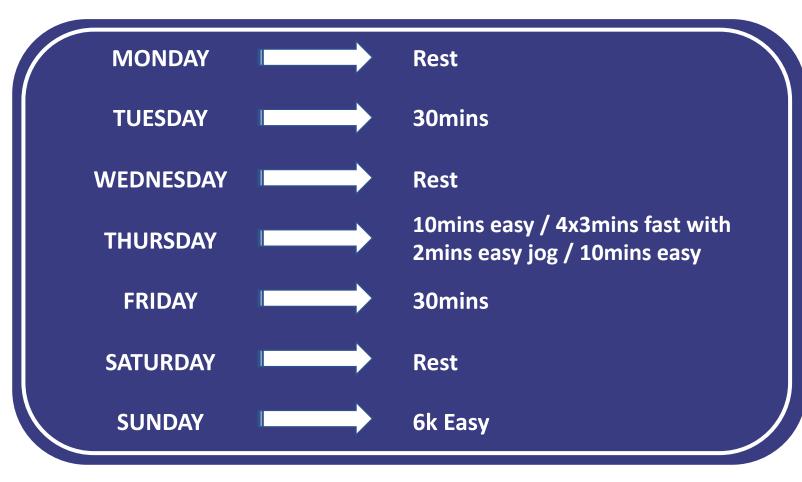






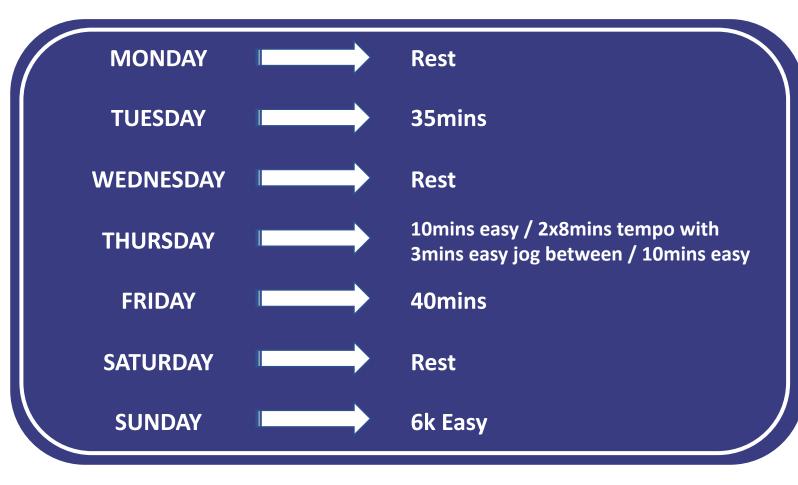






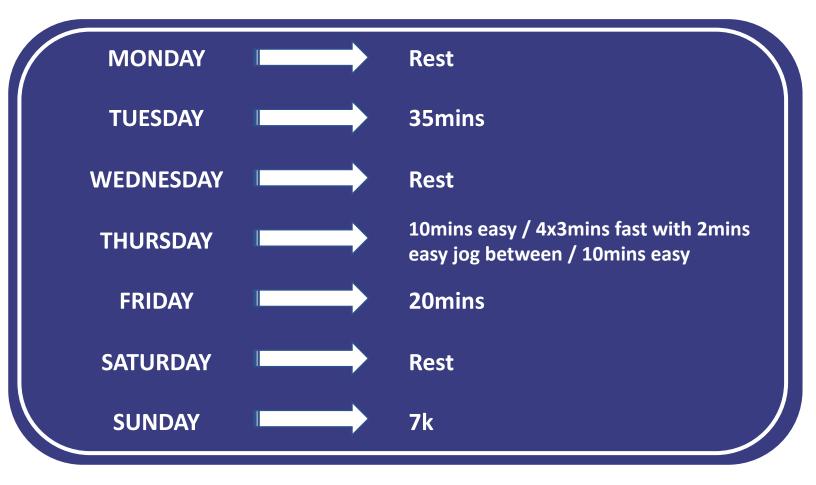


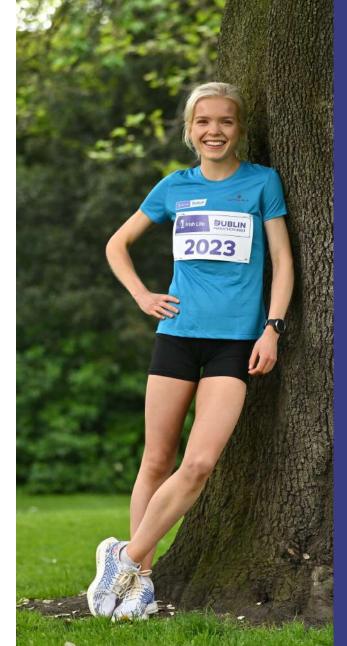




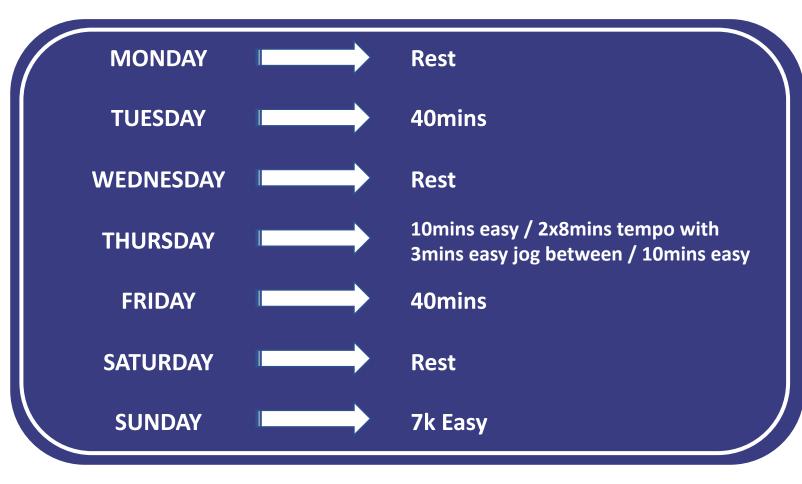






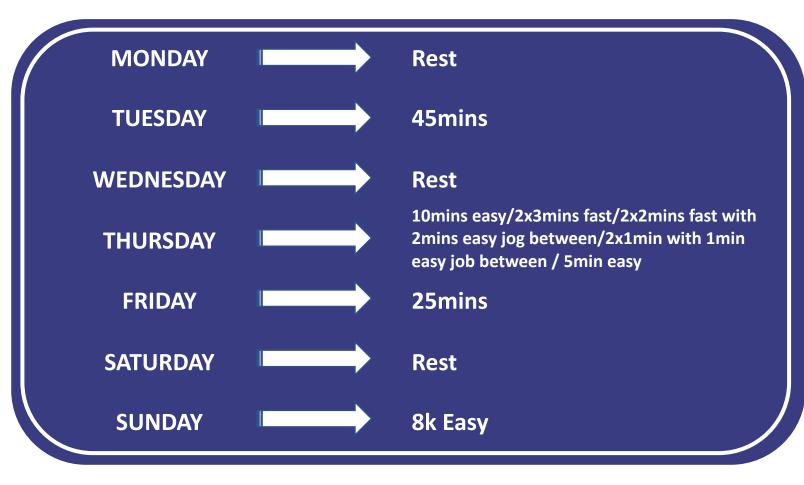












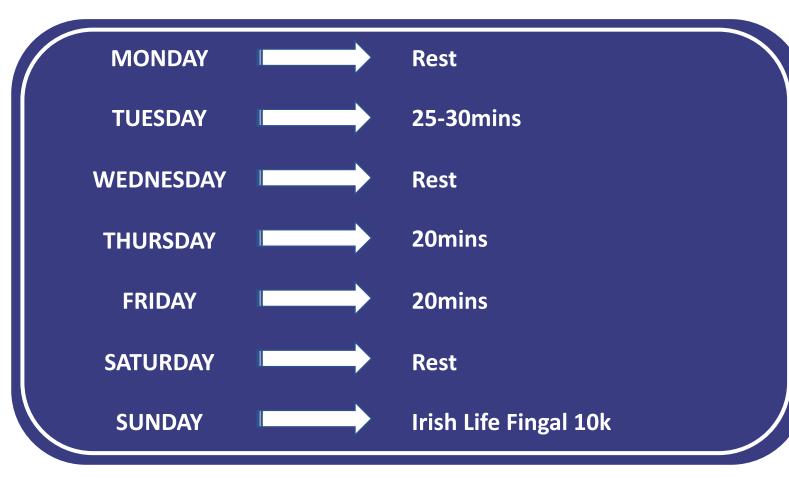
















Irish Life Fingal 10k Training Plan – Definitions

